AMERICAN NATIONAL

AMERICAN NATIONAL INSURANCE COMPANY, GALVESTON, TEXAS

Presented by

American National Representative

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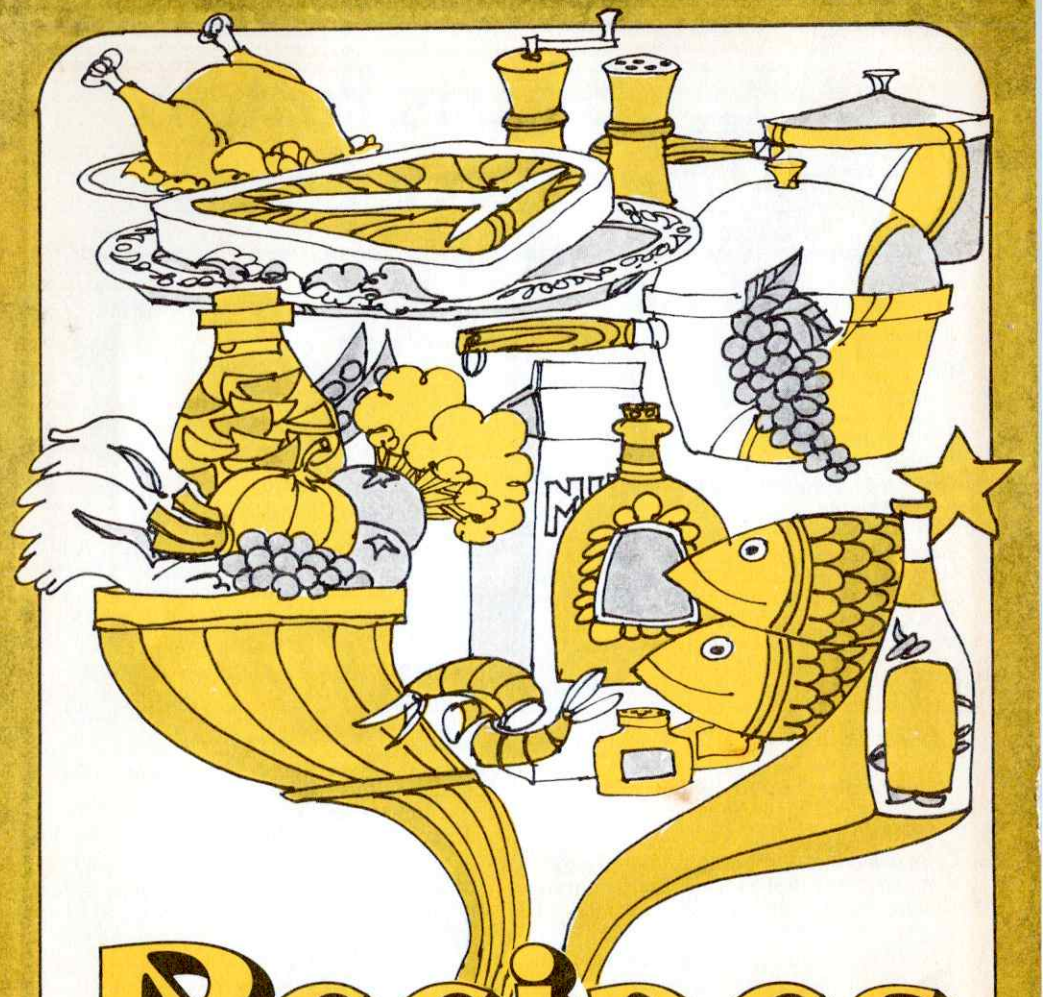

Recipes

AMERICAN NATIONAL

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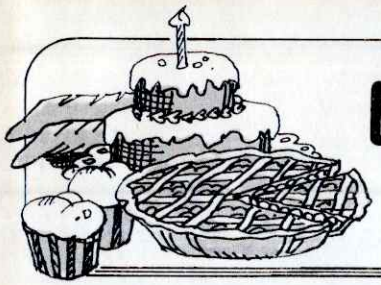
Old original and heirloom recipes handed down through generations from the "pinch and dab" cooks of old.



Biscuits, Pastries Pies 'n Cakes

ORANGE NUT CAKE

2 cups sugar
1 cup butter
½ teaspoon salt
2 eggs
2 cups flour (all purpose)
1 cup buttermilk
1 teaspoon soda
1 Orange (squeeze juice, remove pulp)
1 cup raisins
1 cup pecans

Cream butter and sugar, add eggs 1 at a time. Sift flour and salt together, add soda to buttermilk, add to creamed mixture alternately with flour and nuts, raisins, orange peeling which has been put through food chopper. Bake in 8-inch layer pans greased and floured in 350 degrees F. oven, 25 to 30 minutes.

ICING ORANGE NUT CAKE

2 cups powdered sugar
2 tablespoons orange juice
1 tablespoon lemon juice
3 tablespoons butter

Cream butter, add small amount sugar, add orange and lemon juices alternately with sugar until icing is well blended.

A PIE THAT IS DIFFERENT— DATE NUT PUDDIN'-PIE

2 eggs
½ cup white sugar, ½ cup brown sugar
1 tablespoon evaporated milk
1 tablespoon melted margarine
½ teaspoon vanilla
½ cup white cornmeal
1 teaspoon baking powder
⅛ teaspoon salt
¾ cup (or 1 six-ounce package) dates chopped
½ cup coarsely chopped nuts
½ cup nut halves

Beat eggs, add sugar, brown sugar, milk, margarine, corn meal, salt, baking powder, dates, nuts and vanilla. Mix well. Pour into a 9-inch pie plate which has been generously greased with margarine and dusted with corn meal. Top with the nut halves. Bake at 350 degrees for 45 minutes. Cool on a cake rack. Garnish with a circle of whipped cream flavored with sherry or almond flavoring. Sprinkle lightly with finely chopped nuts, if you wish.

This Puddin'-Pie makes its own crust.

ANNABEL'S PRUNE CAKE

1 cup sugar
¾ cup butter or shortening
3 eggs
3 tablespoons sour cream
⅛ teaspoon salt
1 teaspoon soda
1 teaspoon allspice
2 cups flour
1 cup cooked chopped prunes

Cream sugar, shortening and eggs. Add sour cream. Sift together flour, salt, soda and allspice. Add to mixture. Add prunes and mix thoroughly. Bake in moderate oven (350 degrees). Ice with:

SOUR CREAM PRUNE FILLING

1 cup sugar
½ cup sour cream
2 eggs
2 tablespoons butter
1 teaspoon vanilla
pinch of salt
1 cup cooked mashed prunes
½ cup nut meats

Mix sugar, sour cream and eggs. Add other ingredients and cook over slow fire stirring constantly until mixture thickens.

APPLE NUT PITA
(Pita Sa Orasima)

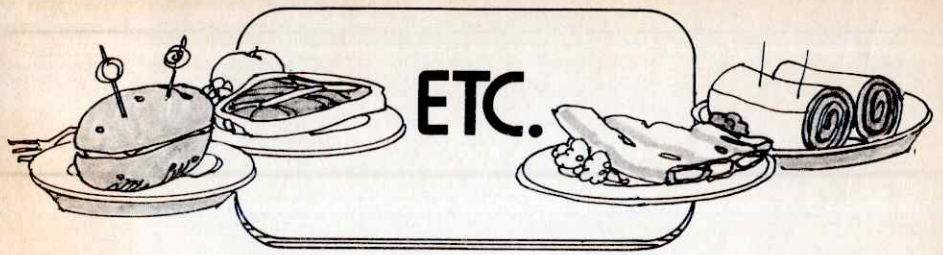
¾ cup sweet butter
grated peel of one lemon
7 egg yolks
1 cup sugar
½ teaspoon baking soda
1¼ pounds flour

Cream butter, add sugar, lemon peel and soda. Mix well, add yolks and beat again. Add flour gradually, beating dough constantly until well blended. Chill.

FILLING

¾ cup ground walnuts
1 cup sugar
7 egg whites beaten stiff
2 grated apples

Mix nuts and sugar. Add them gradually to beaten egg whites. Then fold in apples. Roll out two-thirds of the dough and line sides and bottom of an ungreased baking pan. Add filling. Roll out remaining dough and lattice over top. Bake in 250 degree oven 45 minutes to one hour.



ETC.

PORK CHOPS ORIENTAL

6 double thick pork chops
1 cup cooked white rice
½ bell pepper sliced in thin strips
½ cup bean sprouts
¼ cup diced onions
1 diced pimento
3 stalks diced celery
4 tablespoons soy sauce
1 raw egg
½ teaspoon paprika
1 small can stems and pieces mushrooms (drained)
1 tablespoon flour
1 cup cold chicken stock
3 tablespoons butter or margarine
salt and pepper to taste

Have butcher cut six pork chops double thick and make a pocket for stuffing. In a skillet saute onions, bell peppers, celery, bean sprouts, pimento and mushrooms in two tablespoons butter or margarine until onions become transparent but not brown. Move ingredients to side of skillet and in center place the cooked white rice and make a volcano to the bottom of skillet. In volcano add one tablespoon butter or margarine and when melted place whole raw egg and when egg has set add 2 tablespoons soy sauce, the paprika, and gently stir until all ingredients are well mixed and egg is done and distributed throughout. Add salt and pepper to taste. Stuff pork chops with mixture, place in a shallow baking pan and bake in moderate oven until chops are done and well browned. Remove chops from pan and pour off all grease. To the remaining brown drippings add 1 tablespoon flour dissolved in 1 cup chicken stock and 2 tablespoons soy sauce and stir until sauce thickens. On serving spoon sauce over chops. Serves 6.

TATER DOG

Cut an Idaho potato about 5 inches long in half. With a spoon scrape out the center of both halves, enough to hold a wiener. Insert the wiener in the cavity, spread with margarine, a dash of salt and pepper and chili sauce. Butt the potato together, use 2 toothpicks to hold. Grease outside liberally with butter or margarine. Put into oven, bake until potato is well baked. With serving of cole slaw or similar salad, this will be a most appetizing meal.

TIME-SAVER DINNER

1 pound hamburger meat
1 clove garlic, chopped fine
1 small onion, chopped fine
½ small bell pepper, chopped fine
½ teaspoon salt
¼ teaspoon black pepper
1 can tomatoes
1 can tomato sauce
3 tablespoons tomato catsup
¼ teaspoon hot sauce
¼ teaspoon Worcestershire sauce
2 cups water

Mix salt, pepper, onion, garlic and bell pepper. Drain tomatoes and mash them, saving juice. Add all this to meat and mix well. Take tomato juice and add tomato sauce, hot sauce, Worcestershire sauce together. Put this with water and pour over meat loaf. Put tomato catsup over top of meat loaf. Peel two medium size potatoes, Cut in quarters and put around meat loaf. Bake in 450 degrees oven for 1½ hours.

GARLIC SPARERIBS

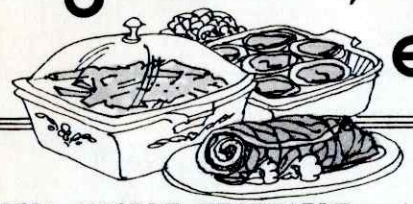
6 pounds spareribs
4 large cloves garlic
1 tablespoon salt
1 cup chicken stock or consomme
1 cup orange marmalade
¼ cup vinegar
¼ cup ketchup

Figure at least 1 pound spareribs per person. Leave sides whole so they can be threaded on a spit later. Crush garlic with salt. Add chicken stock or consomme with marmalade, vinegar and ketchup. Marinate ribs at least 12 hours in garlic marinade, turning several times. Weave the whole strips on spit and cook slowly over low coals for 1 to 1½ hours or until shiny brown and fork tender. Baste with the marinade during the cooking. Or if preferred, bake ribs in slow oven (300 degrees F.) for 2 hours. Baste often.

KIDS DELIGHT

Prepare one recipe for biscuit dough. Roll out thin, cut in three pieces. Spread one piece with apple jelly and peanut butter. Spread one piece with stewed apples and grated cheese. Spread one piece with fig preserves. Roll each piece into a slender roll. Slice into 1-inch thickness. Place on greased pan, bake 12 minutes in moderate oven.

Vegetables, Special Dishes en Casserole



TUNA, NOODLE, VEGETABLE CASSEROLE

- 2 tablespoons butter
- 1 large onion, minced
- 1 No. 2 can peas, drained
- 2 seven-ounce cans tuna
- 3 cups cooked fine noodles
- 6 tablespoons flour
- 6 tablespoons butter
- 1 teaspoon salt
- 3 cups milk
- ¼ teaspoon black pepper
- 1 teaspoon Worcestershire
- 1½ cups grated sharp cheese
- paprika

Saute onion in 2 tablespoons of butter and mix with drained peas. Break tuna with fork. Combine butter, flour, salt, Worcestershire sauce, pepper and milk into a cream sauce and add 1 cup grated cheese. Cook over low gas flame until cheese is melted and sauce is smooth. Alternate peas, noodles and tuna in greased casserole and cover with sauce. Top with remaining ½ cup cheese and sprinkle paprika on top. Bake 25 to 30 minutes in 35 degrees preheated oven. Serves 6 to 8.

EGGPLANT CASSEROLE

- 1 eggplant (medium)
- 1 can tomato sauce
- 1 onion
- 2 cloves garlic
- 3 tablespoon oil
- grated parmesan cheese

Fry onion and garlic in oil until golden brown, add tomato sauce, one can of water, salt and pepper; let cook until thick. Slice eggplant in ½-inch thick slices. Fry until done, place layer of eggplant in pyrex dish. Cover with sauce and sprinkle with grated parmesan cheese, repeat until all is used.

ITALIAN STYLE SQUASH

- 4 small sausages
- 1 small onion
- 1 tablespoon shortening
- 1 can or 1 package of frozen squash

Dice sausage and onion and brown in shortening. Add cooked squash. Cook over low heat until liquid from squash is almost gone.

STUFFED ROUND STEAK

Saute in ½ cup margarine:
- 1 medium onion, minced
- 1 clove garlic, minced

Combine with:
- 3 cups coarse dry bread crumbs
- ½ cup minced celery
- ½ cup minced raw carrot
- 1 tablespoon minced parsley
- 1 teaspoon salt
- ¼ teaspoon thyme
- ½ teaspoon sage
- ¼ teaspoon pepper

Spread on 1½ pounds beef round steak. (First, bone steak and pound flour into both sides; brush off excess flour.) Roll up and tie securely. Brown on all sides in a little hot fat in large heavy utensil. Add ½ cup hot water. Cover; cook 1½ hours in 350 degrees oven. Uncover; and cook ½ hour longer. Add thickening to juices in utensil for gravy.

SHRIMP DIP

- ½ cup milk
- 2 packages 8 oz. cream cheese, softened
- 2 cans 4½ oz. each shrimp, drained, rinsed and chopped
- 2 tsp. lemon juice
- 2 tsp. Worcestershire sauce
- 1 tsp. garlic salt
- ½ tsp. dill weed (opt.)

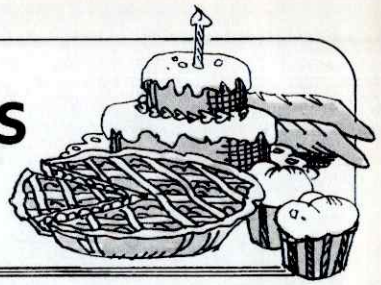
Blend milk and cheese until creamy. Stir in shrimp, lemon juice, Worcestershire sauce, garlic salt and dill weed. Cover and chill about one (1) hour.

SHRIMP WRIGGLE

Make a smooth white sauce with about ½ stick of butter, 3 tablespoons flour and 1½ cups of milk and salt to taste. Add ½ cup of catsup, 2 teaspoons minced parsley, ¾ cup finely chopped celery, teaspoon Worcestershire sauce, then lots of shrimp that have been boiled.

Put in individual baking cups on a flat pan because little cups are hard to handle in an oven. Bake at 350 degrees for 20 to 25 minutes. Before the last few minutes of baking, sprinkle with finely ground bread crumbs and a dab of butter on top—let brown.

Biscuits, Pastries Pies 'n Cakes



APPLE DUMPLINGS

- 2 cups flour
- 2 teaspoons baking powder
- ½ teaspoon sugar
- ½ teaspoon salt
- 4 level tablespoons lard or other shortening
- enough milk to make soft dough
- 2 cups sweetened (dried) apples

Sift dry ingredients together, spread with sweetened apples. Then roll up like cinnamon rolls and cut about an inch wide. Set rolled slices in pan containing the following ingredients:

- 3 cups water
- 3 cups sugar
- 2 tablespoons butter
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg

Bake in moderate oven until brown.

BOILED BROWN CAKE

- 1 cup brown sugar
- 1 cup water
- 2 cups seeded (sticky) raisins
- ½ cup lard
- ¼ teaspoon nutmeg
- ¼ teaspoon cinnamon
- 1 teaspoon ground cloves

Boil for three minutes. When cool add 2 cups sifted flour with ½ teaspoon bicarbonate of soda dissolved in a little hot water. Bake in greased loafpan 325 degree oven for one a quarter hours.

FLAKE BISCUITS

- 1 pkg. dry yeast
- 5 tablespoons lukewarm water
- 5 cups flour
- 5 teaspoons baking powder
- ½ teaspoon soda
- 3 tablespoons sugar
- 1½ teaspoons salt
- 1 cup shortening
- 2 cups buttermilk

Dissolve 1 pkg. dry yeast in 5 tbsp. lukewarm water. Sift 5 cups flour, 5 tsp. baking powder, ½ tsp. soda, 1½ tsp. salt and 3 tbsp. sugar.

Into dry ingredients cut 1 cup shortening with pastry blender and add 2 cups buttermilk (room temp.) with yeast mixture to the dry ingredients.

Mix together and use or store in refrigerator until ready to use. Bake 400°.

BRAZIL NUT DATE CAKE

- 3 cups Brazil nuts (2 pounds unshelled, 1 pound shelled)
- 1 pound pitted imported dates
- 1 cup (one 8-ounce jar) drained marachino cherries
- ¾ cup sifted all-purpose flour
- ¾ cup sugar
- ½ teaspoon baking powder
- ½ teaspoon salt
- 3 eggs
- 1 teaspoon vanilla

Put Brazil nuts, dates and cherries into large bowl. Sift flour, sugar, baking powder and salt over nuts and fruit; mix with hands until nuts and fruit are coated. Beat eggs until foamy, add vanilla. stir into nut-fruit mixture until well mixed. Turn into greased and waxed paper-lined pan 9¼ by 5½ by 2½ inches. Spread evenly in pan. Bake in slow oven (300 degrees F.) 1 hour and 45 minutes. Cake must be cooled before slicing. (Excellent cake to store in plastic bag for a week or two or store in deep freeze.)

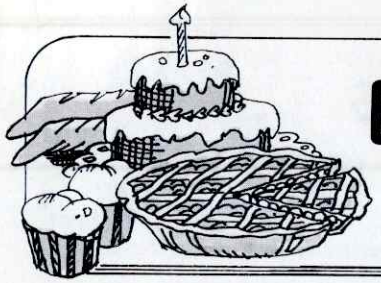
Note: For easy shelling of Brazil nuts, cover with cold water; bring to a boil and boil for 3 minutes. Drain and cover with cold water; drain and crack.

COWBOY CAKE

- 2 cups sugar
- 2 cups hot water
- 2/3 cups shortening
- 2 cups raisins
- 1 teaspoon nutmeg
- 1 teaspoon cloves
- 2 teaspoons cinnamon

Put above ingredients, mixed together on stove, stirring slowly. Let come to boil; three minutes. Then add two teaspoons soda dissolved in a little warm water. Let mixture cool to lukewarm. Then add four cups flour, two teaspoons baking powder and two cups nut meats (pecans are best). Pour into baking dish or pan preferably not too deep. Bake in 375 degree oven. Test with toothpick.

Will serve a group of 30 people. Cowboy Cake wrapped in foil keeps moist to send students at school away from home.



Biscuits, Pastries Pies 'n Cakes

DOUBLE QUICK COFFEE BREAD

Grease 8-inch pan, 10-inch skillet, or 9-inch ring mold. Make topping and have it ready.

- ¾ cup warm water
- 1 package dry yeast
- ¼ cup sugar
- 1 teaspoon salt
- 2¼ cups sifted flour
- 1 egg
- ¼ cup soft shortening or butter

Dissolve yeast in water, add sugar and salt, and about half the flour. Beat thoroughly 2 minutes. Add egg and shortening. Then beat in gradually the remaining flour until smooth. Drop by spoonsful over entire bottom of pan. Cover. Let rise in warm place (85 degrees) until double in bulk, 50 to 60 minutes. Heat oven to 375 degrees Bake until brown, 30 to 35 minutes. Immediately turn out to avoid sticking. Serve warm or cold.

TOPPING (BUTTERSCOTCH NUT)

Melt in pan a third cup butter and half cup brown sugar with one tablespoon corn syrup. Add half cup pecans or walnuts. Cool to warm before spooning in dough.

GRANDMA'S BROWN STONE FRONT

- 4 tablespoons butter
- ½ cup milk
- 3 teaspoons baking powder
- 1 cup sugar
- 2 eggs
- 1¾ cups flour
- ½ teaspoon vanilla
- 1 tablespoon cocoa
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg

Cream butter and sugar. Add milk and eggs well beaten; then flour and cocoa mixed. Add baking powder and spices and vanilla. Bake in loaf pan, or in layers at 350 degrees for 30 minutes. A little longer for loaf. Best with fudge frosting.

FUDGE ICING

- 1½ cups sugar
- ½ cup cocoa
- 1 small can milk

Mix sugar and cocoa in a sauce pan, add the milk and cook over moderate flame about 10 minutes stiring slowly and constantly to avoid burning. When done add 1 tablespoon oleo and beat well.

APPLE CAKE

- 1 cup sugar
- ¼ cup shortening
- 4 or 5 apples, peeled and chopped medium fine
- 1 egg
- 1 cup flour
- 1 teaspoon soda
- ½ teaspoon cinnamon

Cream shortening and sugar well together, add unbeaten egg and chopped apples. Mix well together with spoon (not electric mixer); sift flour, cinnamon and soda, and add to mixture. Nuts may be added. Bake in round or square cake pan (about 2 inches deep) for 25 or 30 minutes at 350 degrees. The top of cake will have a crisp, crunchy topping with no icing required.

MAPLE WALNUT CAKE

- 1½ cups sugar
- ½ cup shortening
- ½ teaspoon mapaline
- 2 eggs
- 1 cup milk
- 2 cups sifted flour
- 2 teaspoons baking powder
- ½ teaspoon salt

Cream sugar, shortening, mapaline and eggs. Add milk and dry ingredients. Mix well, add ½ cup walnuts. Bake at 350°, 25-30 minutes in 2 eight-inch layer pans.

ICING

- 4 tablespoons butter
- ½ teaspoon mapaline
- pinch of salt
- 1 egg
- 2 cups powdered sugar

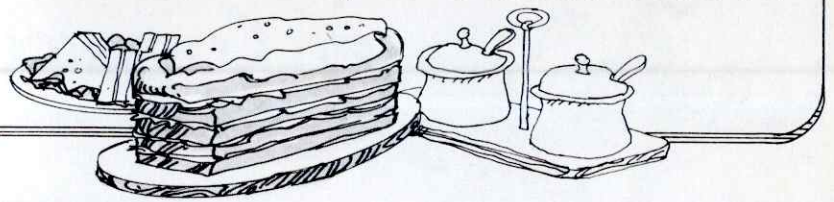
Cream butter, mapaline and egg. Add salt and powdered sugar.

VANILLA COOKIES

- ½ cup butter (no substitute)
- 1 egg
- 1 tablespoon milk
- 1 cup sugar
- 2 cups flour
- 2 teaspoons baking powder
- 1 teaspoon vanilla

Cream butter and sugar. Add milk, egg and flour. Then baking powder and vanilla. Refrigerate one hour. Roll very thin. Bake until light brown at 350°.

Sandwiches, 'n other stuff



SANDWICH LOAF

Best-ever sandwich,
Easy to make;
Better than candy,
Better than cake.

- 1 loaf white sandwich bread, unsliced
- 1 loaf brown sandwich bread, unsliced
- 8 packages cream cheese
- 1 cup mayonnaise
- 1 can pimiento
- 2 cans deviled ham
- 1 cucumber, chopped
- ¼ pound full cream Wisconsin cheese
- 2 cups chicken salad sandwich mixture
- 1 tablespoon grated onion

Cut crust off of bread. Cut each loaf into 5 parts lengthwise. On piece of white bread spread chicken salad mixture. Top with brown slice, spread with pimiento and Wisconsin mixture. Top with white slice, spread with deviled ham mixed with mayonnaise. Top with brown slice, spread with chopped cucumber added to 2 packages cream cheese and mayonnaise and 1 tablespoon grated onion. Top with white. Ice loaf with cream cheese mixed with mayonnaise. Do not serve until 2 hours after making.

AVOCADO SANDWICH SPREAD

- 1 large avocado
- 1 small onion, minced
- 1 small tomato, minced—peel by dropping in boiling water then in cold water
- 2 small sour pickles, minced
- 1 garlic button, mashed or garlic salt to taste
- 1/3 cup pecans, minced
- juice of small lemon
- ⅛ teaspoon salt

Mash avocado, as you would a potato, add lemon juice to avoid discoloration of avocado. Add minced onion, tomato, pickles, mashed garlic button or garlic salt and minced pecan meats. Mix well and spread on lightly buttered bread, white or brown.

LENTEN SANDWICH SPREAD

- 1/3 cup salted peanuts
- 1 pimento
- ¼ cup mayonnaise
- ½ pound cheddar cheese
- 2 boiled shelled eggs

Put salted peanuts, pimento, eggs and cheddar cheese through a food grinder and then add the mayonnaise.

CRANBERRY RELISH

- 2 cups ground cranberries
- 1 cored apple
- 1 orange
- ½ cup chopped pecans
- ½ cup granulated sugar

Put the first three ingredients through food chopper, using coarse blade. Add sugar and nut meats, mix well and chill.

KEIFER COUNTY PEAR RELISH

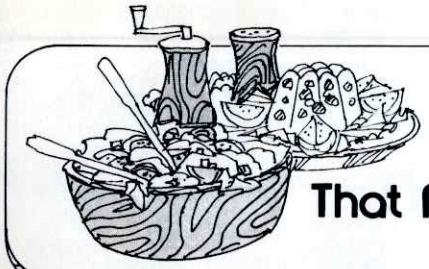
- 1 peck of Keifer pears ground in food chopper
- 5 onions medium
- 6 bell peppers
- 2 hot peppers
- 4 cups sugar
- 5 cups vinegar
- 1 teaspoon salt
- 1 teaspoon mixed spices
- 1 teaspoon tumeric

Mix ingredients and cook for 39 minutes. This relish can be put up in glass jars and stored.

HOMEMADE MAYONNAISE

- 1 small egg
- 1 teaspoon of sugar
- 1 teaspoon of salt
- 1 teaspoon of mustard
- 4 teaspoons of vinegar
- dash of tobasco
- pepper or paprika
- 1 pint of oil, that has been chilled in refrigerator

Beat the egg with the salt, sugar, mustard and vinegar, and add the oil slowly, drop by drop until half has been used. Add the paprika or the pepper and add the rest of the oil.



Salads That Make the Difference

AMERICAN GAZPACHO

4 medium-small (about 1⅛ pounds) red-ripe juicy tomatoes
1 long (about 10 inches) thin cucumber (pared)
½ of a medium-sized green pepper
1 red onion (twice the size of a walnut)
2 drained canned pimentos
1 small garlic clove
2 tablespoons olive oil
2 teaspoons strong red wine vinegar
1 cup icy-cold water
1 to 1½ teaspoons salt
¼ teaspoon white pepper

Remove skin from tomatoes, after dipping in boiling water or wetting and twirling on a long fork over a gas flame. Reserve half the tomatoes, half the cucumber, and half the given amount of green pepper.

Quarter remaining tomatoes; slice remaining cucumber, remaining green pepper and the whole onion; place in blender in that order with 1 pimento, peeled sliced garlic clove, oil and vinegar. Blend at high speed until smooth—about 2 minutes. There will be about 2½ cups. Add water, 1 teaspoon salt and pepper; turn into a 1½-quart container. Knife-chop fairly fine, the reserved cucumber, reserved green pepper and remaining pimento. There will be about 1½ cups; stir into blended mixture. Add enough of remaining salt (or more) to suit taste. Cover tightly and refrigerate until chilled or overnight.

At serving time, put an ice cube in each cup or bowl and add the gaspacho. Makes 4 to 6 servings of a refreshing, coral-colored first course; no salad needed when gazpacho is served.

CABBAGE-CARROT SALAD

½ cup raisins
1/3 cup crushed pineapple
¼ cup mayonnaise
½ medium head cabbage (shredded)
2 large scraped carrots (shredded)

Put all the items listed above in dish and mix; salt and pepper to taste.

MACARONI AND SALMON SALAD

1 package macaroni
1 can salmon
2 tablespoons grated onion
½ cup diced celery
2 hard-cooked eggs
1 cup Thousand Island dressing

Boil 1 package macaroni in salted water until tender (about 7 minutes). Rinse under cold water spray to remove gummy residue, drain and set aside to cool. Mix together: 1 can salmon (separate into bite-size chunks), 2 tablespoons grated onion, ½ cup diced celery, 2 hard-cooked eggs (diced) and enough Thousand Island dressing to give proper consistency (about 1 cup). Add to cooled macaroni, mixing with fork, and chill in refrigerator until ready to serve with rye triangles or saltine crackers.

SKILLET SALAD

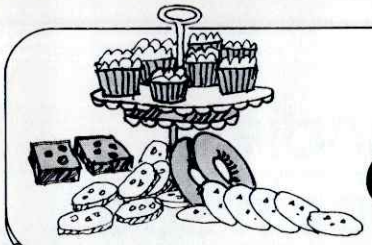
4 slices bacon
¼ cup vinegar
1 tablespoon brown sugar
1 teaspoon salt
1 tablespoon finely chopped onion
4 cups (½ medium head) shredded cabbage
½ cup chopped parsley

Cook bacon till crisp; remove from skillet and crumble. Add vinegar, sugar, salt, onion to fat in skillet. Add crumbled bacon. Heat thoroughly; take from range and toss cabbage and parsley in hot dressing.

CRANBERRY SALAD

1 cup cranberries
1 cup sugar
1 large can crushed pineapple, drained
1 cup coarse chopped nuts
2 cups cut up marshmallows

Blend ingredients together and let stand while preparing jello. Dissolve one package of raspberry jello in one cup of the boiling pineapple juice (if not a cup add water). Cool jello until thick, mix with the above and last mix in one pint of whipping cream whipped. Pour into desired molds and chill for several hours.



Candies, Cookies 'n such

PULL MINTS

Pour 1 cup of boiling water over 3 cups of sugar and dissolve on range. Strain through thin cloth into another vessel, adding ½ cup butter then return to fire and cook with cover only until it forms a hard ball. Pour into buttered platter and cool. When perfectly cool add a few drops of oil of peppermint and coloring. Pull until real stiff and set 24 hours until creamed. When poured out do not scrape the pan.

Blue mints packed with silver shot make an attractive Christmas box.

NOEL NUGGETS

3 cups sugar
1 cup milk
¼ teaspoon salt
1 teaspoon vanilla extract
1 cup chopped dates
½ cup chopped nuts
1 cup coconut

Blend sugar, salt and milk together. Bring to boil over medium heat and cook, stirring constantly, until mixture changes color slightly and thickens enough to form a firm ball in cool water. Then, working quickly, blend in vanilla extract, dates, nuts and coconut and drop in heaping teaspoonfuls on waxed paper. If part of mixture should harden in pan before you can transfer it to waxed paper, add only a few drops of water and reheat, stirring until it all comes together again (it will be very thick). Makes 5 dozen nuggets.

CHOCOLATE TAFFY

1 cup water
2 squares unsweetened grated chocolate
1 cup sugar
1 cup molasses
2 tablespoons butter
½ teaspoon vanilla.

Cook water, chocolate, sugar, molasses and butter together until the syrup forms a soft ball (260 to 270 degrees if thermometer is used) when dropped into cold water. Add vanilla and pour into a buttered pan to cool and harden. When stiff mark off in squares with a knife, when cold and brittle break off on marked squares.

YUMMY SQUARES

½ cup shortening
1 cup sugar
2 eggs, well beaten
1 teaspoon vanilla
1½ cup sifted cake flour
½ teaspoon salt
1 teaspoon baking powder
1 egg white
1 cup brown sugar, firmly packed
1 cup chopped nuts

Work shortening until creamy. Then add the sugar, work until light. Add the two well beaten eggs and vanilla. Then add the flour, salt, baking powder sifted together. Mix well and spread in greased pan, 13 by 9 by 2 inches. Beat the egg white until stiff. Then add brown sugar. Continue beating until stiff. Then fold in nuts. Spread over mixture in pan and bake at 375 degrees for 25 minutes. Cut in squares.

DAINTY TEA COOKIES

1 cup butter
2/3 cup sugar
1 egg
2½ cups all purpose flour
½ teaspoon baking powder
⅛ teaspoon salt
1 teaspoon almond extract

Cream butter and sugar. Add egg and mix thoroughly. Then add dry ingredients which have been mixed and sifted together. Add extract. Put through cookie press and bake in hot oven 400 degrees 10 to 12 minutes.

PECAN COOKIES

1 cup butter
1½ tablespoons powdered sugar
2 cups cake flour
1 teaspoon water
1 teaspoon vanilla
1½ cups chopped pecans

Cream butter and sugar. Add other ingredients. Mix until dough can be handled. Make into large size balls. Bake in very slow oven for 20 minutes. Remove from oven, let cool and roll in powdered sugar.

Candies, Cookies 'n such

CREAM PRALINES

1 pound light brown sugar
¾ cup evaporated milk
1½ cups pecan halves

Mix ingredients together in heavy saucepan. Cook over low heat, stirring constantly until sugar is dissolved. Continue cooking over medium heat to soft-ball stage (360 degree F.), stirring constantly.

Let candy cool slightly, about 5 minutes, then beat until mixture begins to thicken. Drop candy rapidly from a tablespoon into paper baking cups set into muffin pans or onto a sheet of aluminum foil or onto a well-buttered baking sheet.

If candy becomes too stiff at the last to drop into smooth patties, stir in a little hot water.

These pralines have a more delicate flavor when prepared with light brown sugar. If only dark sugar is available, substitute 1½ cups white granulated sugar and 1 cup firmly packed dark brown sugar for the 1 pound light brown sugar.

VARIATIONS

Coffee-Cream Pralines: Add 1½ teaspoons instant coffee to the sugar, evaporated milk and pecan mixture and cook as above.

Sherry-Cream Pralines: After the candy is cooked and cooled slightly, stir in 1 tablespoon dry sherry or sherry flavoring and proceed as above.

Ginger-Cream Pralines: Add 2 tablespoons finely cut candied ginger to the sugar, evaporated milk and pecan mixture and cook as above.

APRICOT SNOWBALLS

8 ounce package of apricots
1 small can of coconut
2/3 cup of pecans

Grind the above ingredients together through food chopper and add:

2 teaspoons orange juice
4 tablespoons powdered usgar

Shape into small balls (size of walnuts). Roll in granulated sugar and store to season in tightly covered container (about two weeks) but will keep for months.

MANTAS

Start heating oven to 350 degrees. Grease cookie sheet and sift together:

3¾ cups sifted all purpose flour
1 teaspoon baking soda
½ teaspoon baking powder
1 teaspoon cinnamon
1 teaspoon nutmeg
½ teaspoon allspice
¼ teaspoon ground cloves
½ teaspoon salt

Add about ¼ cup of flour mixture to ¾ cup light or dark raisins and ¾ cup chopped walnuts.

In large electric mixer bowl with mixer at medium speed or "cream" mix:

1 cup soft shortening
1 cup dark brown sugar, packed
1 cup granulated sugar
2 eggs

until fluffy, about 4 minutes. Now, at low speed or "blend" beat in alternately, rest of the four mixtures and 1 cup of buttermilk. When dough is well blended stir in 1 teaspoon vanilla extract and raisin-nut mixture. Drop dough by rounded tablespoonful on to cookie sheet. Bake 15 to 20 minutes or until done. Makes six dozen cookies.

BUTTER BALLS

1 cup butter
4 teaspoons powdered sugar
1 teaspoon vanilla
2 cups sifted flour
1 cup nuts, chopped

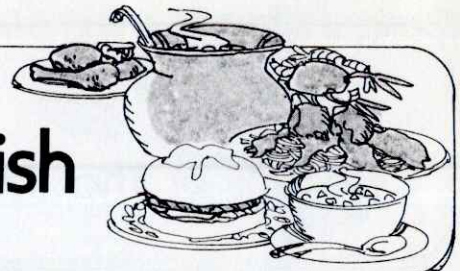
Cream butter; add sugar and continue to beat until light. Add vanilla. Add sifted flour and mix well; fold in chopped nuts. Shape into balls on an ungreased baking sheet. Bake in a moderate 350 degrees oven 15-18 minutes. Roll in confectioner's sugar while still hot.

UNCOOKED OATMEAL COOKIES

2 cups sugar
1 stick oleomargarine
2 tablespoons cocoa
½ cup milk

Boil for one minute, remove from fire, add one cup chopped nuts (optional), 3 cups uncooked oatmeal; drop by teaspoonful on cookie sheet (do not bake), cool, ready to serve.

the Main Dish



SHRIMP AND OYSTER JAMBALAYA

3 cups raw rice
½ pint oysters, drain; reserve liquid
¼ cup cooking oil
1 pound fresh shrimp, cleaned and deveined
2 tablespoons butter
¼ cup flour
½ cup celery, chopped fine
1 large onion, chopped fine
½ cup canned whole tomatoes
1 clove garlic, mashed
1 bay leaf, optional
1 pimiento, chopped
¼ cup parsley, chopped
1 teaspoon Worcestershire sauce
salt and pepper to taste

Cook rice according to directions on package, set aside. Heat butter in saucepan, add shrimp, cook 5 minutes; add oysters, and cook 5 minutes longer; set aside. Heat oil in large heavy skillet, with tight fitting lid. Make a roux by adding the flour; stir constantly till golden brown. Take pot off the fire, and add onions and celery. Stir until vegetables are withered. Add tomatoes, bay leaf and garlic. Stir a few minutes. Add cooked rice to mixture, stir evenly. Add cooked shrimp and oysters. Season to taste. Cover with lid. Cook over low heat about 10 minutes. Add Worcestershire sauce, parsley and pimiento. Serve hot.

SHRIMP CHOWDER

3 medium onions, sliced
3 tablespoons fat
1 cup boiling water
5 medium potatoes
3 teaspoons salt
¼ teaspoon pepper
1 pound fresh shrimp
1 quart milk, heated
1 cup (1¼ pound) grated processed American Cheddar cheese
2 tablespoon minced parsley

Saute onions in hot fat in deep kettle until tender. Add boiling water, then sliced potatoes, salt, pepper. Simmer, covered, 15 minutes or until potatoes are tender. Then add shrimp, cooked with viscera removed, the hot milk in which the cheese has been melted, and parsley. Serve at once.

STUFFED TOMATOES WITH SHRIMP

1 pound shrimp
4 large tomatoes
½ cup chopped onions
¼ cup chopped shallots
½ cup chopped celery
¼ cup chopped parsley
½ cup chopped green pepper
1 clove garlic chopped fine
½ teaspoon Lawrey's seasoning
½ teaspoon salt
¼ teaspoon pepper
1 teaspoon sugar
½ block margarine
½ cup bread crumbs

Boil shrimp until done, about 10 minutes. Peel, devein and chop fine. Wash tomatoes and slice off tops and scoop out meat leaving shells for filling later. Chop tomato meat in fine pieces. Melt margarine in saucepan and add all seasonings except bread crumbs. Saute till tender not brown. Add raw tomato meat to seasoning, add sugar salt and pepper and continue cooking about 20 minutes or until liquid cooks down. Then add shrimp and continue to cook about 4 minutes. Take from fire, add bread crumbs to thicken mixture, saving about a third of crumbs for later. After mixing bread crumbs to mixture, put in tomato shells. Sprinkle remaining bread crumbs on top and bake in moderate oven about 350 degrees for 25 or 30 minutes, or until shells appear tender. Serves 4.

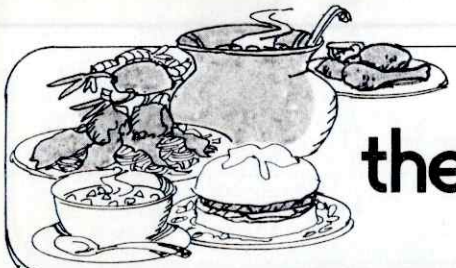
SHRIMP GUMBO

Boil 1½ pounds shrimp, then peel; while shrimp are boiling:
chop up a large onion
3 slices of bacon chopped
1 hot pepper chopped

Brown bacon until crisp, add onion, saute, but do not brown. Add a can of hot rotel tomatoes, and pepper, one can of tomato sauce, simmer all together, with the shrimp. Add one tablespoon of flour for thickening, salt and pepper to taste.

CHILI 'N BEAN SOUP

Brown 1 lb. ground beef, 1 large onion chopped, 1 clove garlic chopped in medium saucepan. Brown meat and pour off grease, add 1 can tomato soup, 1 can water, and 1 can red beans. Add salt, pepper and ground cumin to taste. Simmer 30 minutes.



the Main Dish

FRIED CRABS ITALIAN STYLE

This recipe is for six crabs. It may be doubled for a large family. Remove backs from crabs, wash well and set aside.

- ½ cup grated parmesan cheese
- ½ teaspoon garlic salt
- 1 teaspoon salt
- ½ teaspoon black pepper

Mix the ingredients together well and set aside. Take 6 cloves of garlic and cut into small pieces, dice ¼ of a small mozzarella cheese ball. Take crabs and stuff with cheese and garlic in meaty part of crabs. Dip stuffed crabs in seasoned egg and water, then dip well in flour mixture. Fry in deep oil until golden brown.

CROWN O'GOLD MEAT LOAF

- 1½ cups soft bread crumbs
- 1½ pounds ground lean meat
- 4 egg yolks
- 1½ teaspoons salt
- 2 tablespoons mustard
- 1½ tablespoons prepared horseradish
- 3 tablespoons finely diced green pepper
- 2 tablespoons minced onion
- 1/3 cup catsup

Mix bread crumbs with meat, combine remaining ingredients. Blend into meat-bread mixture. Pack lightly into a 9-inch casserole and bake at 325 degrees for 30 minutes.

CROWN O'GOLD TOPPING

- 4 egg whites
- ½ teaspoon cream of tartar
- 4 tablespoons mustard

Beat egg whites until foamy; add cream of tartar and beat until very stiff. Fold in mustard and swirl on hot meat; return to oven and bake 20 to 25 minutes longer, or until tipped with brown. Makes 6 to 8 servings.

HAMBURGER-RICE DISH

Dice 2 medium sized onions, 1 section garlic, and 1 green bell pepper. Fry mixture in small amount of margarine until slightly tender. Add 1 pound of hamburger, salt to taste, and 2 teaspoons chili powder; cook until hamburger is done. Add 8-ounce can of tomato sauce and equal amount of water. Add ¼ cup uncooked rice, stir mixture well, cover and cook slowly until rice is tender. Serve hot.

OLD SETTLERS BEAN POT

- ½ lb. Ground Beef
- ½ lb. bacon—chopped
- ⅓ cup brown sugar
- 2 tablespoons molasses
- ⅓ cup white sugar
- ½ teaspoon chili powder
- ¼ cup catsup
- 1 teaspoon salt
- ¼ cup barbeque sauce
- ½ teaspoon pepper
- 2 tablespoons mustard (prepared)
- 1 can red kidney beans
- 1 can pork and beans
- 1 can butter beans

In skillet, brown and drain ground beef and bacon. Add brown sugar, white sugar, molasses, chili powder, catsup, salt, barbeque sauce, pepper, mustard and beans. Mix thoroughly, pour into baking dish or casserole. Bake 350° 1 hour.

ITALIAN SPAGHETTI

- 1½ pounds of hamburger
- 1 package spaghetti
- ¼ pound butter
- 1 large can tomatoes
- 1 small garlic bud
- pinch each red pepper and cloves
- 2 tablespoons sugar

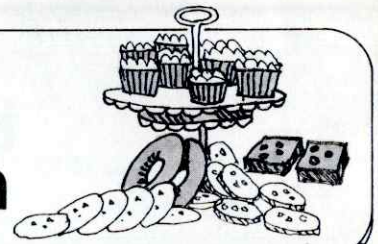
Simmer meat, tomatoes and seasoning 2 hours. Add spaghetti which has been cooked. Let simmer for ½ hour and serve with grated cheese.

DEVILED CRABS

- ½ pound crab meat
- 2 hard cooked eggs grated
- ¼ cup toasted bread crumbs
- 1 teaspoon lemon juice
- a few drops of garlic juice
- dash of cayenne pepper
- level tablespoon chili sauce
- mushroom soup to moisten

Mix entire recipe together. Fill shells with mixture and top with bread crumbs and dot with butter. Bake for about 20 minutes or until brown in 350 degree oven. This recipe is quickly made and may be allowed to stand in icebox several hours before cooking.

Candies, Cookies 'n such



COCONUT POTATO FUDGE

- 1 medium size boiled potato
- 2 cups confectionery sugar
- ⅛ teaspoon salt
- 1 cup shredded coconut
- ½ teaspoon vanilla
- 3 squares unsweetened chocolate

Mash boiled potato and add salt, sugar and coconut. Mix well, add vanilla and mix again. Press into 6 by 6 inch square pan which has been lined with wax paper. Melt chocolate over hot water and pour over potato mixture. Let stand until firm and cut. Be sure not to start with big potato, use medium sized potato.

DATE DIVINITY DROPS

- 1 cup cut-up dates
- ⅓ cup finely cut nuts
- ½ cup instant nonfat dry milk
- 1⅔ cups sifted, powdered sugar
- 2 dozen marshmallows
- 3 tablespoons water
- 1 teaspoon vanilla

Cut dates and nuts into tiny pieces about the size of peas. Mix milk and powdered sugar and let stand until needed. Put marshmallows and water into a 1½-quart saucepan. Stir over low heat until marshmallows melt. Remove from heat. Add milk and sugar mixture, all at once, and beat until smooth. Mix in well, the dates, nuts and vanilla. Drop from a teaspoon onto waxed paper or buttered pan. Let stand at room temperature until firm, about 3 hours. Makes 2½ dozen.

TEXAS BRITTLE

- ½ cup water
- 1 cup sugar
- 1 tablespoon butter
- ½ teaspoon salt
- 2 cups pecans, broken
- 2 tablespoons molasses
- 1 quart cereal flakes
- 1 teaspoon vinegar

Boil sugar, water, vinegar, molasses, butter and salt together until mixture becomes brittle in cold water. Pour syrup over cereal flakes and pecan mix. Stir quickly and form into small balls.

CHOCOLATE BUTTER PECAN BARS

- 1½ cups all purpose flour
- 2 teaspoons baking powder
- ½ cup butter or margarine
- 2 cups brown sugar, packed
- 2 eggs
- 1 teaspoon vanilla
- 1¼ cups chopped pecans
- ½ cup chocolate chips

Heat oven to 350 degrees.

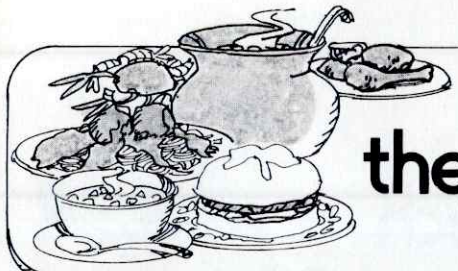
Grease and flour 11 by 7 by 1½ inch pan. Sift flour with baking powder. Melt butter in saucepan over low heat; add sugar; bring to boil, stirring. Cool until lukewarm. Drop in eggs one at a time, mixing well. Mix in vanilla, flour mixture and ½ cup of the pecans. Turn into pan. Sprinkle ½ cup chocolate chips, either whole or chopped fine, over the mixture and then sprinkle remaining pecans over that. Bake until done, 25 to 30 minutes. Cool in pan then cut in squares.

CREAM CHEESE COOKIES

- 1 cup margarine
- 1 three-ounce package cream cheese
- 1 cup sugar
- 1 egg, beaten
- 1 tablespoon lemon juice
- 1 teaspoon grated lemon rind
- 2½ cups flour
- 1 teaspoon baking powder
- 1 cup confectioner's sugar
- 2 tablespoons lemon juice
- ½ cup chopped pecans

Blend together the margarine and the cream cheese. Add the cup of granulated sugar, and cream thoroughly. Add the egg, lemon juice and rind, and blend well. Add the flour and baking powder sifted together. Place the dough in the refrigerator for a few minutes to chill it. Force 2-inch ribbon strips through a cookie press onto ungreased baking sheets. Bake in a moderate oven, 375 degrees, 8 to 10 minutes, or until lightly browned.

Blend the cup of confectioner's sugar with the lemon juice. When the cookies are cool, dip the ends into this frosting, then in the chopped pecans. Yields 4½ dozen cookies.



the Main Dish

REAL HUNGARIAN STUFFED CABBAGE

Take 1 fairly large head of cabbage (be certain the leaves are not torn). Loosen the leaves with a knife, wash them and place in a large pan. Pour boiling water over the leaves, cover and let steam to soften.

FILLING

1 pound of ground round
1 small onion diced
½ cup uncooked rice, soaked for ½ hour in cold water
2 ounces tomato juice or tomato sauce thinned with water
salt and pepper to taste

Mix all ingredients well.

For the cooking utensil, 1 onion sliced, 1 medium can of sauerkraut, 1 tablespoon shortening, brown sugar and 1 small can of tomato sauce.

Make the cabbage rolls, line bottom of pan with onion and cover with a layer of sauerkraut. Sprinkle with a little brown sugar, salt and shortening. Place a layer of rolls in the utensil and add some tomato sauce. Repeat this procedure, except shortening, until all the ingredients are used. Cover with water and cook covered over low heat for two hours. This is delicious after it has been frozen.

CABBAGE AND PORK CHOPS

8 lean pork chops
6 medium onions sliced paper thin
1 can tomato sauce, small
1 No. 2 can peeled tomatoes
¼ cup olive oil or butter
¼ teaspoon black pepper
salt to taste
1 large cabbage (cut sauerkraut style)

Place in large deep pot the oil or butter. Add pork chops and brown lightly. Remove the chops from the pot and place them in a dish. Add the onions, saute for 15 minutes in the hot oil stirring constantly. Add tomatoes and the sauce. Cook over slow fire for 1 hour, stirring every 10 minutes. Add salt, pepper and the lightly browned chops. Cook slowly for ½ hour. Add cabbage little at a time until all is used. Stir constantly. Cook until tender.

Serve hot with cornbread or hot biscuits. Serves 6 to 8 persons.

QUICK CALIFORNIA-STYLE BURGERS

2 pounds ground beef
¼ cup finely chopped green peppers
¼ cup finely chopped onions
½ cup finely chopped ripe olives
1 can tomato soup (adaptation)
1 can spaghetti sauce with mushrooms (adaptation)
1 package cream cheese with chives (adaptation)
2 tablespoons cooking oil

Combine first 3 ingredients, adding 2 dashes of Worcestershire sauce and one dash of liquid garlic. Make into 10 thin patties. Salt and pepper as desired. Combine cheese and ripe olives and place a tablespoonful in the center of five patties and flatten. Cover with remaining patties, pressing edges to secure.

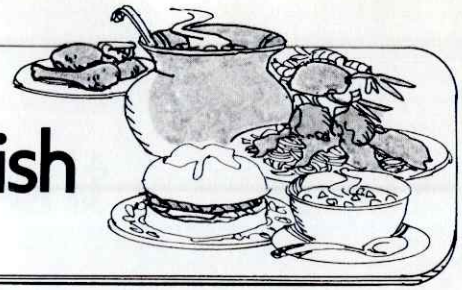
Brown in cooking oil at 380 degrees, both sides. Turn to simmer and add tomato soup and spaghetti sauce. If too thick add a little V-8 or tomato juice. Allow to simmer 20 minutes, turning once. Serve in burger buns with the sauce poured over. Serves 5.

CHILI

1 pound beef steak, coarsely ground or cut into small pieces
4 slices bacon
1 large onion
2 cloves garlic
1 or 2 tablespoons flour
1 can tomato paste
2 tablespoon chili powder
salt to taste
1½ tablespoons cumin seed
1 tablespoon oregano
1 can red kidney beans

Cut fine bacon, onion, garlic; saute together in skillet. Add meat to this; sprinkle with flour and cook until meat is brown. Put this mixture into large pot. Add can tomato paste, the chili powder, the cumin and the oregano. Add quart of water and simmer until meat is tender, about 1 hour. Add can kidney beans and continue cooking about 20 or 30 minutes longer, stirring occasionally to prevent burning.

the Main Dish



ITALIAN MEATBALLS WITH SPAGHETTI

1 pound ground meat
3 eggs
1 slice white bread toasted
3 pods garlic
handful parsley cut fine
handful green sweet pepper cut fine
handful grated Parmesan cheese
salt and pepper to taste

Soak bread in milk and squeeze rather dry. Crush the garlic in a big crock and put all ingredients together working them with the hands. While hands are moist make into ball the size of a golf ball and fry in olive oil until the balls are golden brown. Remove to a large pot.

Cut fine, 1 onion, 1 carrot and handful of parsley. Fry all this in the olive oil left in the skillet to a golden brown. Add 1 small can of tomato paste and 4 cans of water measured in the same can. Add No. 2 can of tomatoes, salt and pepper to taste. Pour this over the meat balls and simmer very slowly for about an hour and a half.

Cook 1 pound of Italian spaghetti in boiling salted water. When done, drain. Put meatballs on a platter and top with spaghetti. While very hot sprinkle with Italian grated cheese. (Parmesan cheese in the sifted top is also good.) Some like to add, at the last 10 minutes before serving the balls, a little crushed sweet basil and 2 whole cloves.

VEAL PARMESAN

Have butcher pound thin 1½ pounds veal cutlets and cut meat in 8 strips. Combine ¼ cup grated parmesan cheese, 1 cup bread crumbs. Salt and pepper to taste. Dip meat in 2 eggs well beaten, then in bread crumb mixture. Fry in 6 tablespoons of olive oil. Make sure oil is hot. Fry about 5 minutes on each side.

Place veal in baking dish and pour on a layer of tomato sauce. Place thin slices of Mozzarella cheese over this. Bake in moderate oven 350 degrees for about 20 minutes or until brown. Mushrooms or cooked peas may be added if desired.

MEAT-ZA-PIE

1 pound ground beef
2/3 cup evaporated milk (small can)
½ cup dry bread crumbs
1 teaspoon garlic salt
1 can tomato paste
1 two-ounce can button mushrooms
1 cup sharp cheese (grated)
½ teaspoon oregano
2 tablespoons parmesan cheese

Mix meat, milk, bread crumbs, garlic salt and oregano. Press into pie pan, lining sides and having thicker across bottom. Spread with tomato paste, sprinkle with drained mushrooms then cover with grated cheese then a little sprinkle of oregano then the two tablespoons of parmesan cheese. Bake at 375 degrees F. 30 or 35 minutes. Bake in an 8 or 9 inch pan. Will serve 5 or 6.

MACARONI MEDLEY

1 onion
1 clove garlic (optional)
1 green pepper
4 tablespoons shortening
1 pound hamburger
⅛ teaspoon pepper
1 teaspoon paprika
1½ teaspoons salt
1 teaspoon Worcestershire sauce
2/3 cup tomato soup
½ cup water
2 cups cooked macaroni
¾ cup grated cheese
1 cup left-over cauliflower

Chop onion, garlic and pepper. Fry in shortening until golden brown. Add meat and seasonings. Stir and fry for 5 minutes. Mix soup and water. Add to meat mixture, stir well. Put half of macaroni in baking dish. Sprinkle with cheese. Add layer meat. Make layer of macaroni, cheese and meat again, saving out some cheese for the top. Arrange cauliflower flowerets over top. Sprinkle with cheese. Cover dish. Cook in moderately hot oven (375 degrees F.) 25 minutes. Remove cover. Bake 10 minutes longer until nicely browned. Serve with a green salad and dessert.